NEW AIM

FLEXI VIBE

USER MANUAL

NEW AIM Pty Ltd.

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FLEXI VIBE

IMPORTANCE

IMPORTANT: PLEASE READ CAREFULLY BEFORE YOU BEGIN

1 Please consult your doctor before you begin this or any other diet or exercise program.
2 If you experience any abnormal symptoms whilst using the Power Step stop your work-out at once and consult your doctor before continuing.
3 The Power Step is designed for home use only. Proven Products Ltd is not responsible for any failure of the Power Step during commercial use.
4 Make sure the voltage in your home falls within the parameters that are required for the Power Step to operate safely.
5 The Power Step should not share an electrical socket with any other electrical product or be connected to a transformer.
6 The Power Step must be placed on a flat surface prior to use.
7 Due to the vibrations created by Power Step it is recommended that you operate Power Step on the ground floor or basement of your home.
8 If you wish to use Power Step on a carpeted surface it is recommended you place a rubber mat underneath first to minimise carpet fibres getting inside the machine.
9 Power Step should not be moved whilst operational.
10 Children should not operate Power Step.
11 Do not let your Power Step come into contact with water or any other liquid.
12 Do not operate Power Step with wet hands.
13 Do not operate Power Step whilst eating, drinking or smoking.
14 Once you have completed your work out turn off and unplug your Power Step.
15 The Power Step should not be used more than 3 times a day with no more than 15 minutes each session.
16 It is recommended you use Power Step morning and night for between 10 and 15 minutes each session.
17 Always keep fingers away from the edges of the base plate.
18 DO NOT USE if you weight in excess of 150kgs.

FLEXI VIBE

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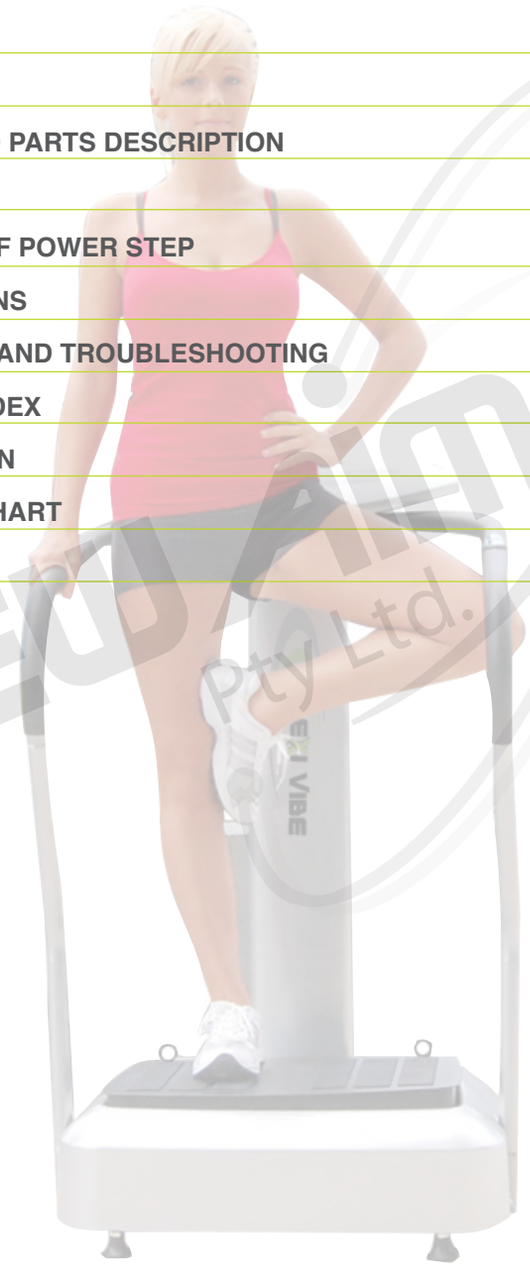

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COMPONENTS

Input Voltage	220V / 50HZ
Frequency	0 - 27 HZ
Motor	1000W / 3.5 HP Max
Amplitude	0-10MM
Speed Range	0-50
User Weight Capability	150KGs
N.W.	45KG
G.W.	50KG
Assembled Size	74cm(L) x 70cm(W) x 122cm(H)

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HOW IT WORKS

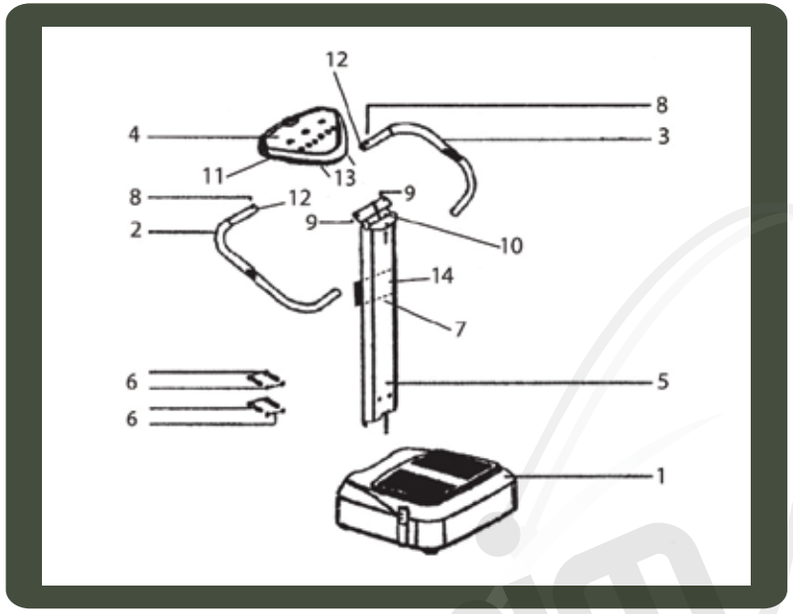
Vibration Fitness is able to replicate an hour long gym workout in just 10 minutes! This is accomplished due to our machines ability to produce therapeutic vibrations from the feet up through your entire body. Theses vibrations provide greater muscle-activation when compared to conventional training, meaning that you need less time to work your muscle groups thoroughly. Many different positions both static and dynamic can be done on the vibration fitness machine including standing, squat, sitting, kneeling, lying, and placing your hands on it.

Other benefits are achieved with the vibration such as bone density increase, improved flexibility, body toning, fat burning, increased metabolism, improved circulation, decreased joint pain, and better lymphatic drainage (detoxification). When you exercise using the FlexiVibe Vibration Machine, you will be able to acquire more strength and stamina faster and have better agility. Furthermore, your tissues and muscles will be able to recover much more quickly while increasing your flexibility and fat reduction.

The FlexiVibe Vibration Machine uses the most widely accepted and proven method of Triangular Oscillation Vibration.

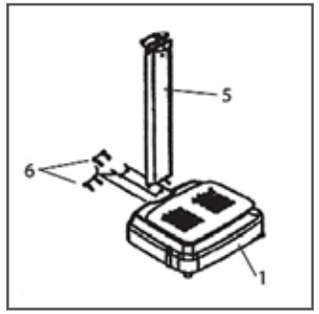
Frequency	Optimum range for
6-10Hz	Balance and Stability
11-16Hz	Relaxation of muscles Injury rehabilitation Blood circulation and lymphatic drainage Mobilisation of joints Healing scar tissue
17-22Hz	Muscle strength Improved Co-ordination Blood circulation and lymphatic drainage Incontinence
23-27Hz	Muscle strength Hormonal changes Neurological stimulation Increased mobility Increased bone density (low amplitude) Blood circulation and lymphatic drainage Decreased lower back pain Improved muscle tone

ASSEMBLY



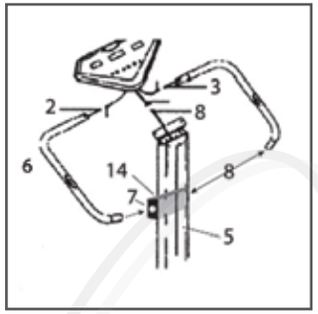
NO	Parts	QTY
1	Base	1
2	Left tube	1
3	Right tube	1
4	Display console	1
5	Support column	1
6	Bolt M8 x 20mm	4
7	Cross head screw M5 x 10mm	4
8	Bolt M8 x 40mm	4
9	Bolt M6 x 10mm	3
10	Signal cable A	1
11	Fat sensor A	1
12	Fat sensor B	2
13	Signal cable B	2
14	Tube cover (black)	1

STEP 1



Lay the base (1) on even ground. Connect the signal cables of the support column (5) and the wire from the base (1). Place support column (5) over housing in base (1) and secure in place using bolts (6).

STEP 2

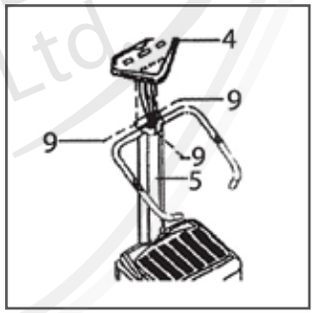


Connect left tube (2) to support column (5) using 2 bolts (8). Repeat for right tube (3) using 2 bolts (8) screw tube cover (14) into place using cross head screws (7).

STEP 3

Connect signal cable (18) to (21). Connect fat sensor A (12) with fat sensor B (11). Push excess wire into support column (5).

STEP 4



Fix display console (4) to support column (5) using 3 bolts (9).

NOTE: ***Regularly check all bolts because of vibrating parts.***

OPERATIONS

Start / Stop button – Power On/Off Switch

Auto / Body fat

After turning on the power, you can select the auto massage or manual massage option (from P1, P2, P3) or calculate body fat index using the BMI program. By pressing this button, the console window will display 88-P1-P2-P3-1. 88 is the manual program. When programmed on manual, you can select the oscillation speed relative to your body weight and fitness levels. P1-P2-P3 are auto programs to select with the appropriate button. See next page for more details on these auto program.

Fat scan programming

Press BMI button, choose 1, and enter gender, age height and weight for calculation.
After pressing button time, you can set up your own settings by selecting '-' and '+'. Choose gender mode first –
1 for men
2 for women.
Next set your age by pressing the time selector.
The first age setting to appear is 20 years. For weight, the pre-set figures are height 170 cm and weight 70 kg which are adjustable.
'Pressing button time on the console will display "'--" after all the figures are set.
The results will be calculated and display ed in around 5 seconds.

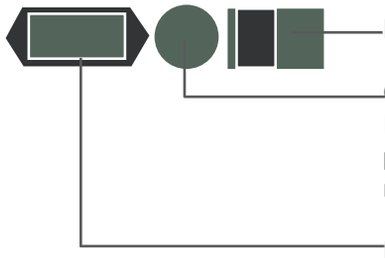
Time display

Single sessions can be programmed from 1 – 10 minutes.

Speed adjustor

Press '+' or '-' to adjust oscillating speed. This is also the control which adjusts personal details when in BMI mode.

How to use the power switch



Power switch: On / Off

General power fuse:
If the electric current of machine is overloaded, the power will be turned off. Only when you push the resetting key, can you turn on the power again.

Power socket:
Make sure electrical cord is secured tightly.

Programs setting			
Type	Exercise Cycle	Exercise time	Speed
common fitness	1-3 times/day	5-15 mins	Average speed
Losing weight	4-8 times/day	10-15 mins	Lower speed

FLEXI VIBE

BENEFITS

The benefits of using FlexiVibe Vibration Machine

Can aid all of the following:	1 Reduction of cellulite. 2 Reduction of body fat levels. 3 Reduction of training time. 4 Requires very little effort. 5 Improves metabolism. 6 Increased muscle strength. 7 Lowers some stress hormones. 8 Improves circulation. 9 Fewer varicose veins.
Slimming	Reduce unwanted fat deposits around the thighs, waist and abdomen by vibration massage, therefore tautening the skin and reshaping the entire body. Power Step is an affective aid to slimming, as it can stimulate up to 97% of the body's muscles at a time.
Weight Loss	Physical activity is the key to weight loss and maintaining a healthy body. Unfortunately in todays society not everybody has the time required to visit the gym or take part in sports activities. Using the Power Step once or twice a day for between 10 and 15 minutes is the equivalent to one hour in the gym and can burn up to 400 calories.
Beauty	In addition to preventing and breaking down cellulite. Power Step can also help to smooth away wrinkles, as tissue becomes stronger and firmer. Expensive cosmetic surgery is no longer an option as Power Step combined with a healthy lifestyle offers amazing results. Also aids lymphatic drainage and helps to flush out toxins as well as helping to boost collagen.

FLEXI VIBE

One Legged Stance
Great led strengthener and to promote balance control.

Side Stance
This advanced pose stretches the inner abductor muscle and groin region while strengthening the standing leg.

Quadricep Stretch
Beneficial for strengthening the standing leg while increasing flexibility and blood flow to the knees, quadriceps and lower extremities.

Squat
Beneficial for strengthening and increasing blood flow to the knees, quadriceps and lower extremities.

Deep Lunge
An advanced posture that strengthens the standing led while increasing flexibility and blood flow in the hamstrings.

Advanced Twist
This internal hip rotation opens the hips while you stretch the spine. Great for increasing blood flow to the internal organs.

Abdominal Strengthener
Improve balance, tones and strengthens the abdominal region and the lower back muscles.

Gentle Push up
Strengthens the upper body; the triceps, chest and pectoral muscles and helps create flexibility in the wrists.

Hip Raise
Helps create flexibility in the hamstrings, groin and buttock region. Promotes blood flow – this posture is the cellulite buster!

Shoulder Stretch
Beneficial for increasing blood flow and flexibility in the shoulder region and lengthening the back muscles.

Optional Extra
Once you become more experienced with the Power Step Plus the straps can be used to work the upper body.

Only use if you are confident enough to maintain stability without using the handrails.

The straps hook onto the footplate of your Power step Plus.These must only be attached / detached when the machine is in the OFF position and DISCONNECTED from the power supply.

Once the workout has been completed, the straps MUST always be removed from the footplate

MAINTENANCE

Maintenance

Regular maintenance is essential to the longevity of the Power Step and also helps to safeguard the user.

1. It is important to periodically tighten all of the screws that secure the Power Step. However, ensure that the screws are never over tightened.
2. Keep liquid and naked flames away from the Power Step.
3. Clean the Power Step with a soft dry cloth after every use.
4. Always disconnect from the power supply when not in use.

TROUBLESHOOTING

Problem	Solution
A metal grinding or clicking sound when the machine is running.	Tighten the screws and adjust the 4 rubber cushions on the base. Please do not over tighten the screws.
The Power Step is not standing flat.	Adjust the 4 rubber cushions on the base.
The display is won't work.	Check the power supply.
The display is on but the motor won't work.	Check the power supply, voltage may be too low.

BODY MASS INDEX TABLE

| | NORMAL | | | | | | | | | | | | OVERWEIGHT | | | | | | OBESE | | | | | | EXTREME OBESITY | | | | | | | | | | | |

DAY 4

BREAKFAST

Medium bowl porridge made with skimmed or unsweetened soya milk, add 1 chopped banana + 1tsp cinnamon. 1 cup green tea .

LUNCH

1 large bowl vegetable soup. 1 slice wholemeal bread + low fat spread. 1 small fruitsalad. 1 cup green tea.

DINNER

2 x grilled chicken breasts. Large leafy green salad + balsamic vinegar (include some sliced beetroot). 1 baked apple (20 mins) with 2 tbsp lowfat yogurt + few raisins. 1 cup camomile tea + 1 tsp honey.

SNACKS

1/2 grapefruit. 1 handful unsalted nuts or seeds.

DAY 5

BREAKFAST

Large fruit salad with 2 tbsp oats sprinkled on top. 1 cup green tea.

LUNCH

4 large carrots peeled + chopped. 1/2 tub low fat houmos. 1/4 watermelon sliced. 1 handful unsalted nuts/seeds. 1 cup green tea.

DINNER

Large vegetable stir fry (use 1 cal spray) + 8-12 large king prawns + garlic pepper + soy sauce.1 cup camomile tea + 1 tsp honey.

SNACKS

1 kiwi fruit. Small bowl plain popcorn.

DAY 6

BREAKFAST

Small bowl muesli (no added sugar) with 1 tbsp natural yogurt + 2 tsp honey. 1 cup green tea.

LUNCH

1 baked sweet potato + 1 tsp olive oil.

Large leafy green salad + 1/2 tin tuna + balsamic vinegar + pepper. 1 cup green tea.

DINNER

1 x corn on the cob - roast, use 1 cal spray.

1 x roasted red pepper - roast, use 1 cal spray. 2 x chicken breasts + pepper

1 cup camomile tea + 1 tsp honey.

SNACKS

1 chopped apple/pear. 1 handful unsalted nuts/seeds.

DAY 7

BREAKFAST

Medium bowl porridge with skimmed milk or unsweetened soya milk, add 1 handful raspberries + 1 tsp honey/brown sugar. 1 cup green tea.

LUNCH

4 x rice cakes. 1 tub low fat cottage cheese + pineapple. 1 banana. 1 cup green tea.

DINNER

1 grilled/steamed salmon fillet. Steamed asparagus + steamed broccolli (with lemon juice + pepper). 1 cup camomile tea + 1 tsp honey.

SNACKS

1 x small bowl raspberries + 2 tbsp natural yogurt + 1 tsp honey.

Good Luck

CALORIE

Whilst the FlexiVibe Vibration Machine will aid weight loss, asensible calorie-controlled diet is still paramount. To prepare a calorie-controlled diet, it is very important that the user is aware of his/her daily calorie requirements. This involves a combination of many factors (i.e. height, weight, age, sex, lifestyle, etc). Fortunately, it has never been easier to count calories, as it is now a legal requirement that the packaging of most foods and drinks clearly displays their respective calorie, fat and salt content.

RESTING HEART RATE CHART
TEST YOURSELF ...

MEN	**AGE**					
	18-25	26-35	36-45	46-55	56-65	65+
FITNESS						
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excel't	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Above av	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below av	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+

WOMEN	**AGE**					
	18-25	26-35	36-45	46-55	56-55	65+
FITNESS						
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excel't	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Above av	70-73	69-72	70-73	70-73	69-73	69-72
Average	74-78	73-76	74-78	74-77	74-77	73-76
Below av	79-84	77-82	79-84	78-83	78-83	77-84
Poor	85+	83+	85+	84+	84+	84+

WARNING

This product and the information provided within this manual are not intended to act as a substitute for any medical treatment whatsoever. All forms of exercise carry an element of risk in regards to health. To reduce this risk, everybody (particularly those over the age of 35 or those who have a history of back, heart or blood pressure problems (or any other medical problems)) should be cleared by a doctor before beginning any exercise programme.However, even with such medical clearance, the risks associated with exercise can never be eradicated. Please follow all training and safety tips and instructions within this manual. Please keep children and pets away from the equipment when in use. Whilst the following list
of conditions is not complete we strongly advise that you consult your doctor if any of the following apply to you before using Power Step.

1 PREGNANCY
2 MIGRAINES
3 TUMORS
4 CANCER
5 CARDIO VASCULAR DISEASE
6 PACEMAKER
7 ACUTE HERNIA
8 DISCOPATHY
9 SPONDYLITIS
10 SEVERE DIABETES
11 RECENT INFECTIONS
12 SURGERY SUCH AS HIP OR KNEE REPLACEMENTS
13 RECENTLY PLACED IUD'S METAL PINS OR PLATES
14 ESSENTIAL TREMOR